Rough and Tumble Fighting

(*Personal Defense Tactics*)

BY

H. E. KENNEY, M. S.

Assistant Professor of Physical Education
Wrestling Coach
University of Illinois

August 17, 1942.

Military Police, in fact all soldiers, should know the fundamentals of rough and tumble fighting.

"Hek" Kenney is certainly the man who can tell them.

E. F. RESEK,
Major, AC,
Provost Marshal.

In my opinion H. E. "Hek" Kenney has no superior in the field of personal combat. His long experience in wrestling, boxing, and kindred sports has been invaluable in his study of personal attack and defense. He has been astute in analyzing judo, jiu jitsu, wrestling, boxing, and rough and tumble methods, and in selecting the most effective elements from each.

I have observed "Hek" Kenney work with soldiers under my supervision, and I unreservedly commend his philosophy, his teaching methods, and his skill as a performer.

N. BYRON BOZARTH,
Captain, Air Corps,
Director of Physical Training,
Chanute Field.

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PREFACE

H. E. "Hek" Kenney is assistant Professor of Physical Education at the University of Illinois, and has been head wrestling coach at that institution for the past fourteen years. Kenney's wrestling teams have finished 1st, 2nd or 3rd in the Big 10 Conference every year except one since he has been coaching the team. One season his team had a bad year and finished in fourth place. He has developed nine "All American" or National Wrestling Champions.

At present time Kenney, in addition to his work at the University is teaching rough and tumble fighting to members of the Air Corps stationed at Chanute Field. He has also stimulated a great deal of interest in rough and tumble fighting among the students at the university. The students see the value of the activity in preparing themselves for fighting days which lie ahead for most of them. Each semester a few more classes in rough and tumble are added, to take care of the increased demand for this course.

Kenney has had considerable experience in wrestling, boxing and Judo. The system of fighting he advocates includes some of the most effective techniques adapted from each field.

STIPES PUBLISHING CO.

I wish to thank the following friends for their help in producing the illustrations found in this book.

VIRGINIA GHER
GLEN KIDDER
ARMOND H. SEIDLER
LIEUTENANT G. T. STAFFORD, JR.,
Army of the United States

THE AUTHOR.

Chapter I

INTRODUCTION

Rough and tumble fighting is an activity that interests every red blooded American boy or man in the nation. It is at least a secret desire of almost everyone to be prepared to defend himself from an attack by a bully or a gangster. Schools that have introduced rough and tumble fighting in the curriculum in Physical Education have found this activity even more interesting to the students than either wrestling or boxing. It is, however, more like wrestling than boxing, and is far more efficient as a means of defending one's self than either. However, there is no better means of learning the basic skills necessary for self defense than wrestling. Most of the bone breaking techniques and the knockout tactics illustrated in this manual are illegal or dirty wrestling holds, or "dirty fighting", as the course is called by students at the University of Illinois. Most students of rough and tumble fighting see immediately the value of these skills in defending themselves against attacks by thugs, bullies or others who may attempt to intimidate them. The self confidence and poise gained by the learning of personal defense skills makes the activity worth while for all to know, even though the necessity for defending the person does not often occur. It is a great source of satisfaction for any individual to know that he will not be a push-over, regardless of who attacks him.

Any man in the United States Armed Forces, or, who sooner or later expects to serve his country, should prepare himself for fighting with his bare hands. The soldier is not a completely trained fighter, regardless of his skill in using weapons, until he can fight with his hands. As far as any one soldier is concerned, it is only remotely possible that he may find himself in a battle situation without an available weapon, but it happens to some in every major conflict. Only under unusual situations will the Navy man be required to swim, but those who can swim go through submarine infested waters with much greater ease of mind than those who haven't had the opportunity to learn. The foot soldier will also have greater confidence in himself if he feels confident of controlling the situation when he comes face to face with the enemy.

The soldier who knows that he will still be able to fight back even though his gun may jam or he be disarmed, is a much better soldier than his buddy who knows that it is all over for him if his weapon fails him. For Commando Units or "specialized raiders of enemy strongholds", the skills of rough and tumble fighting are stock in trade.

Men serving on Military Police duty in the Armed Forces should be trained in the techniques of rough and tumble fighting. It is a surprising thing, but never the less true, that by far the larger percentage of those engaged in police work know when to arrest, but not how. Most Policemen must resort to weapons of some kind when resisted. Men engaged in Police work either in the Army or in civilian life, should be experts in man handling techniques. The day should come when the public will not allow its police officers to strike a man with a club, blackjack, or pistol, merely because that citizen is drunk or disorderly. Part of every Policeman's day should be spent in Physical Training, and practice of the wrestling or Judo techniques that are most applicable to police work.

The physical educator or coach who is alert to changing trends will find in Tactics of Personal Defense an activity highly popular with students, definitely virile in content, vigorous in routine, and practical, whether the student ever uses the skills or not, for it develops courageous traits, perseverance, tenacity and the will to mix it up—traits certainly important for our young men of today.

Assuming, then, the importance of knowing something of these skills, let us lay down certain rules which one might call the basic essentials of personal defense:

1. Get into the best possible physical condition and remain in condition by regular exercise.
2. Under conditions of civilian life never initiate an attack —regardless of provocation—put simply, **don't start a fight.**
3. When facing an opponent intent on injuring your person, allow him to show his hand first.
4. The counter attack has a greater possibility of success.
5. If direct attack is the only way out—take your opponent by surprise.
6. Fighting is not a gentleman's game and should **only** be indulged in for protection of self, family, or nation.
7. Remember that your weak spots and your opponents' vulnerable areas are the groin, solar plexus, neck, throat and eyes.

It has often been said that a little knowledge is worse than none at all. This is particularly true in the case of the skills presented in this book. There is a natural feeling after attempting these skills a few times that mastery has been attained. Far from it! Successful use of any of these techniques will call for practice and more practice until the doer can instinctively execute with top speed and precision any or all of the skills. Another point of great importance in this connection is the necessity of ambi-

dexterity—the ability to execute these skills equally well to the right or left. Experience indicates that everyone has an "offside" on which it is definitely more difficult to acquire skills. Yet the effort and thought required to execute the skills on the "offside" seems to greatly accelerate the acquisition of skills on the "on side".

A word of caution about this practice. While the student should execute all movements with vigor and precision, he must remember that many are designed to break a wrist, elbow, shoulder or leg—and in extreme cases the neck. Therefore, great caution should be observed where some of these things are concerned. Apply them, but limit the power you use. **Work against someone who is also learning the skills and who appreciates the importance of yielding and going with them.**

As indicated above, condition is of great importance. This condition should be both specific and general. General condition can be best achieved, perhaps, by doing a bit of wrestling at regular intervals. (Wrestling will lead not only to general condition, but will predispose to quicker acquisition of many skills.) Specific condition implies in this case—certain exercises designed to improve flexibility, strength and agility. These characteristics are important in the acquisition of personal defense skills and should be practiced before engaging in personal defense tactics.

A suggested set of exercises follow:

1. Position—seated.
   Legs spread wide and flat along floor. Arms spread parallel to shoulders. Count one, swing right arm across and touch left foot. Left arm swings to rear rotating body at waist. Count two—left arm swings to right foot—right arm swings back. Breathe naturally and keep legs flat. As capacity to touch feet increases, spread legs wider. Commands—"one and two and one and two."
2. Finger tip push up.
   Assume front support position, feet and finger tips on floor, body rigid. Lower toward floor by flexing arms until chin touches. Raise back to support. Repeat.
3. Running in place.
   Lift legs high toward chest, hold fists clenched, pumping arms vigorously. On command "drop" dive to floor and await command to run again. Repeat.
4. Roll back leg lifter.
   Lying on back with hands locked behind neck, slowly lift legs off floor and upward. Continue to swing legs upward and over until toes touch floor behind head. Slowly lower legs until they are about

six inches off floor. Repeat. Keep legs **straight** throughout.

5. The Rocker.
   Lying face down, place hands behind neck and assume a high arch position—legs, head and chest off floor. Maintaining this position, rock up and down by bobbing head downward hard.

6. Bridging.
   Lying on back, bring heels close to buttocks. Arching head backward, raise body off floor. Cross arms on chest and arch high. Relax and repeat.

7. Sit ups.
   Lying on back with hands behind neck, slowly sit erect and touch right elbow to left knee. Return to prone position. Raise up again and touch left elbow to right knee. Return to prone position and repeat first action. **Keep legs flat throughout the exercise.**

Finally, students of hand to hand fighting and Judo techniques should bear in mind that great skill is necessary for success. Skill is the result of hours of practice. One should not be satisfied with mere knowledge of how to perform a wrist-breaker or a double wrist-lock. It is simple to learn, in a few minutes, the mechanics of several offensive maneuvers, and rather easy for the uninitiated to develop a false feeling of security because of this knowledge. Knowledge of the mechanics of the trigger squeeze does not make a marksman. This comes only from day after day spent in target practice. The same is true of fighting skills. Each skill must be developed to a fine art before it is of any use in combat.

The skills described in this book are not limited in their application to the situations illustrated. The student with a little thought and experimentation can find many positions from which it is possible to bring into use any one of these offenses. For example, the double wrist-lock may be used as a counter offense against several different modes of attack, or it may be used for direct assault. It is also valuable as a means of turning the tables after being thrown to the ground. In fact, men who become proficient with the double wrist-lock, and use it a great deal in practice contests, will contend that it is difficult to imagine a position from which it cannot be used. The same is true to a greater or lesser degree with any or all of the offenses described in this text.

A hand to hand fight is a continuous affair in which it is wishful thinking to expect to defeat an opponent with the first offense attempted. Many times, when a trained man meets an untrained adversary, one determined offense is all that is necessary. When two trained and skilled men

meet in a fight to the finish, many offenses on the part of both men will be blocked, partially blocked, or countered during the combat. In cases where both combatants are trained in hand to hand fighting, the man who has learned to integrate his offense, defense and counters, will likely be the winner. The well coached football team will attempt to gain ground even though the play which was started fails. Many times touchdowns are made by the use of tactics which were not included in the set play. A good boxer may attempt to deliver a straight right to the head, miss entirely, and follow up successfully with a left uppercut to the body.

A hand to hand fighter must also look upon the total picture. The isolated offensive maneuvers are the tools with which he works. He must integrate his offense and counters; practice until he uses them spontaneously in every conceivable situation. A combatant who has worked and practiced until he has learned a method of carrying the battle to his opponent, regardless of the position in which he finds himself, can be classed as a dangerous fighter. He will not be daunted when an offensive attempt fails, but will tackle immediately another maneuver based upon the new situation.

Chapter II

THE ART OF FALLING

To engage successfully in hand to hand fighting or wrestling, it is essential to first develop skill in falling to the ground; to prevent injuries even in practice, this is very necessary. In a hand to hand finish struggle, the man who can take a fall without getting hurt has a good chance to continue in the fight instead of being counted out by the first successful offense of his opponent.

The untrained man, on being thrown to the ground by a skillful fighter, will resist the maneuver even after success on the part of his opponent is inevitable. This, of course, is a mistake and only leads to injury. On the other hand, the experienced and well trained man will go rapidly in the direction of the force after an opponent's offense has successfully passed the initial stage. By going with the offense after it is partly completed he is able to govern, to a certain extent at least, the way in which he hits the ground. The manner in which the defensive man contacts the ground has a great bearing on the immediate fortunes of the fight. One slam to the ground by a man experienced in the art of hand to hand fighting is usually sufficient to put the ordinary untrained man temporarily or permanently out of the combat.

A man thrown forward or head foremost toward the ground must learn to land in a roll rather than root straight into the ground. A good way to practice this type of fall is to do forward rolls. First, practice the rolls standing, and later from a dive.

A man lifted bodily and slammed to the ground must learn to contact the ground with a flat surface of his body, preferably his back. He must learn to use the palms of his hands to strike the ground in a relaxed manner, on both sides of his body, to break the fall to some degree. This takes considerable practice on a mat to learn the timing. The body should be as relaxed as possible, but not so relaxed as to cause the head to bounce on the ground as the body strikes. When falling to the ground back down, the hands should be brought down hard against the ground on each side of the body just preceding body contact. The hands are not brought down in this manner to catch the weight of the body, but hit the ground relaxed like "flippers" to aid in checking the speed of descent just preceding contact with the ground. Experts in Judo will testify that it takes months and even years of practice to become highly proficient at falling without danger of injury. A few hours practice, however, will greatly improve the ability of almost anyone to hit the ground from a fall.

All wrestlers or men training for rough and tumble fighting should spend part of each day's practice session in practicing falls from various angles. Start out by making short dives, and coming over in the forward roll. Then, practice jumping into the air and somersaulting over the head and one shoulder, and landing on the back. Later, learn to jump straight into the air and fall straight down to the ground, landing on the back. Don't forget to use your hands as flippers to break the fall! Practice the timing from low altitude jumps until you begin to learn the technique, then jump higher. Use this falling practice as a warming-up exercise before a work out.

Chapter III

TACTICS OF OFFENSE

In this chapter are described and illustrated a variety of offensive maneuvers. The fact that this book is titled Personal Defense Tactics does not eliminate from its pages presentation of offensive tactics. After all, the trite saying, "a good offense is the best defense," is certainly true in hand to hand fighting. When you are attacked block your opponent's first onslaught, **then** take the offensive.

Speed, coupled with surprise, is the essence of success in offense. The success of any of the offensive skills listed in this chapter, depends to a great extent upon the degree of surprise, as to the mode of attack, and the speed and power in following an advantage through to the finish. For the best success these offenses require an all-out effort without regard for the welfare of an adversary.

It should be remembered, however, that simply having knowledge of Judo wrestling tricks, or maneuvers taken from any other form of wrestling or fighting, is not sufficient. These holds must be practiced until they are as much a part of an individual's second nature as raising the hand to prevent a blow to the face or jumping to one side to get out of the path of a speeding automobile. The individual who learns the mechanics of offense, but fails to practice until perfection is reached is in for a sad awakening if he ever tries to use his knowledge in combat. The penalty for imperfection is defeat.

:: DANGER ::

All skills described in the following pages of this book should be practiced with caution. The defensive man should learn how to prevent injury by going with the leverage or by giving a prearranged distress signal. These skills may be practiced again and again without injury if the men practicing are considerate of each others welfare.

DOUBLE WRIST-LOCK

(Illustrations 1, 2, 3, 4)

ILLUSTRATION 1

The double wrist-lock may be worked on either arm, but it is shown here applied against opponent's left arm. The above illustration shows the offensive man starting the hold from a position facing his adversary.

ILLUSTRATION 2

Here is shown what usually happens to a green man in resisting the wrist-lock when properly applied. The offensive man has thrown all his weight backwards and doubled the arm behind the back of his adversary. The defensive man, due to lack of knowledge of how to roll with the hold to prevent injury, has rooted his head into the ground. If the head striking the ground does not knock out the defensive man, his arm can very easily be broken by continued pressure upward toward the head, with the wrist-lock.

ILLUSTRATION 3

The defensive man in this illustration has tucked and rolled over with the double wrist-lock. In this way he has avoided striking his head on the ground. The offensive man follows up and lands on opponent's head with right knee bent, and left foot extended. From this position it is possible to break or dislocate opponent's shoulder.

ILLUSTRATION 4

If it is necessary to hold a man for a period of time, there is no better way to do so than shift into the key-lock as illustrated above. If adversary gets unruly it is a simple matter to dislocate his shoulder by prying down with your right elbow and lifting on the end of his elbow. Your right leg should be extended to a position perpendicular to his body, and carry your weight on his left shoulder.

THE REVERSE ARM-LOCK

ILLUSTRATION 5

Above is an illustration of a good method of eliminating an adversary by breaking or dislocating his elbow. Grab hold of opponent's right wrist with your right hand; jerk him toward you and step across in front. Connect your left hand with your coat lapel and press down on the wrist.

THE BACK FLIP

(Illustrations 6, 7, 8)

ILLUSTRATION 6

This offense is started by suddenly grabbing adversary's coat lapels and falling backwards. The illustration shows how you can kick your opponent over you by placing your foot in his lower abdomen.

ILLUSTRATION 7

A man whose legs are rather long will find it easier to take his opponent over by bending the knee and lifting him with his toe in the crotch.

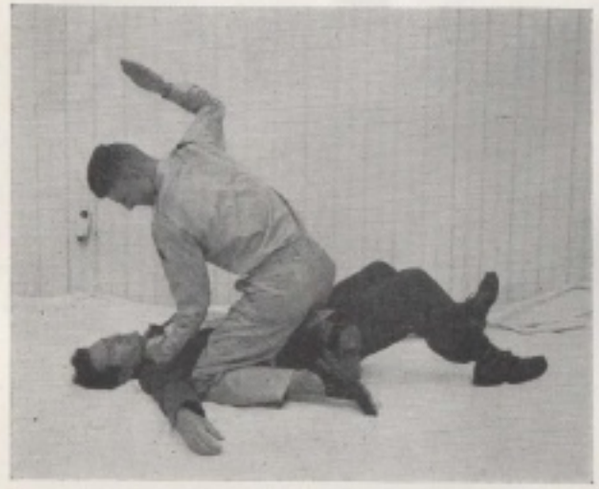


ILLUSTRATION 8

The offensive man should go over immediately after turning his man and come to top position as shown above. He is then in position to strike opponent on neck with heel of hand, and finish him off.

KNIFE-LIKE BLOWS

Whenever striking an opponent with the hand a knife-like blow as illustrated in Illustrations 9 and 10 is much more effective than using the fists. The force is more concentrated and eliminates the danger of injury to your hand. A sharp blow to the neck delivered in this manner will temporarily stun him; a hard blow will break the neck.

ILLUSTRATION 9

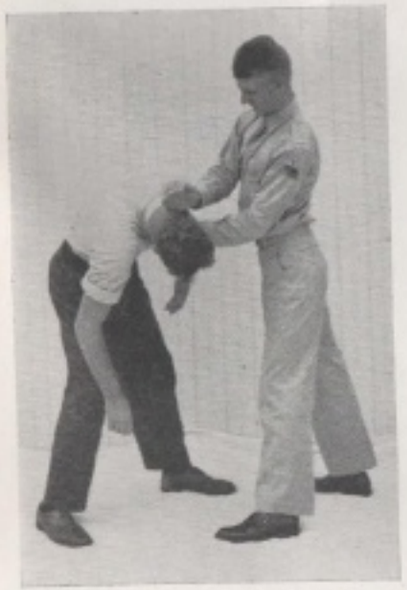


ILLUSTRATION 10

FINGER TIP JABS

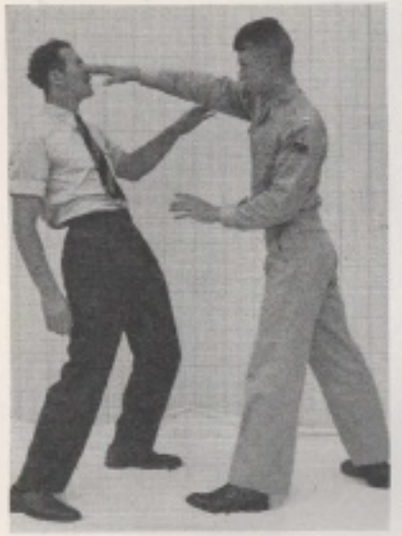


ILLUSTRATION 11

ILLUSTRATION 12

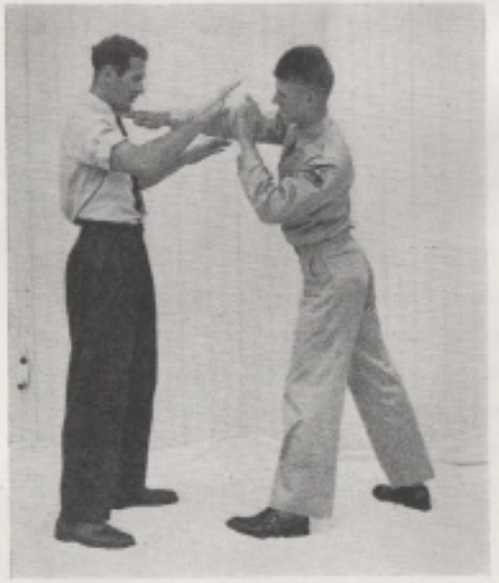


ILLUSTRATION 13

The above illustrations show how to deliver damaging blows with the finger tips.

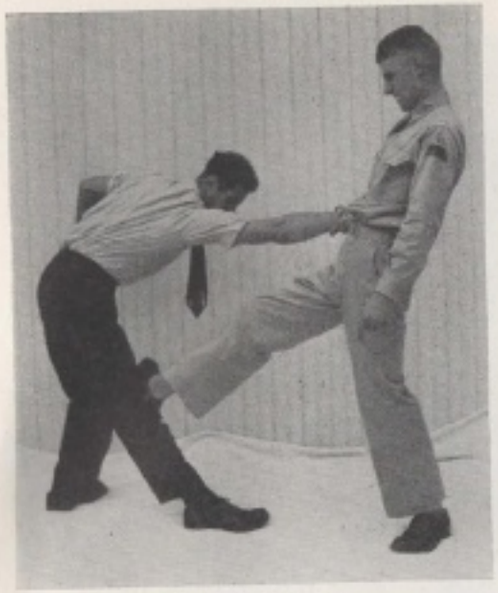


ILLUSTRATION 14

THE FRONT KNEE-CLIP

This is an effective method of knocking a man out of the fight in a hurry if he resists you with his lead leg as you pull him toward you. Drive hard with your right foot, toe in, and attempt to dislocate the knee joint.

THE FRONT CHOKE AND KNEE TO GROIN

Choking an opponent from the feet is not too effective a technique, but it is a distracting influence and causes your adversary to raise his hands to protect himself. This leaves him wide open for a knee drive to the scrotum. The hands should be crossed on a choke. Each hand catches opponent's coat lapels just below his ears. The thumbs are inside; the fingers outside. The pressure is placed on his neck by pulling forward on each lapel hold, and driving your forearm into his throat.

ILLUSTRATION 15

THE COLLAR AND CROTCH SLAM

(Illustrations 16, 17, 18)

ILLUSTRATION 16

Grab opponent's left coat lapel, thumb down and inside, and strike him with the left elbow in the chin. This will straighten opponent up, and prepare him for the pick-up.

ILLUSTRATION 17

Step behind opponent with your left leg, and drive the right hand deeply through between his legs. In this position you are ready to pick him up high, using the power of the legs for the lift.

ILLUSTRATION 18

After lifting opponent high into the air, drop him and allow him to land back downward on your bent left knee. This will either break his back, knock him out, or both. In practice merely drop your partner on the mat, back down.

THE HIP-LOCK

(Illustrations 19, 20)

ILLUSTRATION 19

ILLUSTRATION 20

The above illustration shows two methods of throwing an adversary to the ground. They may be used from a clinch or mix-up as you are sparring for openings. Illustration 19 shows what is called the over arm hip-lock. In illustration 20 the offensive man is using an under arm hip-lock. Both are effective, and which one should be used will depend upon the situation. Try to throw your adversary hard against the ground.

THE REAR WRIST-BREAKER

(Illustrations 21, 22, 23)

Grab opponent's left hand with your left over the wrist area, placing your thumb down and directly back of his knuckles. Pick up his hand, step toward his left flank with the right foot and take hold of his hand in a like position over the thumb side with your right hand. Illustration 21 shows the offensive man in the act of completing his hand hold.

ILLUSTRATION 21

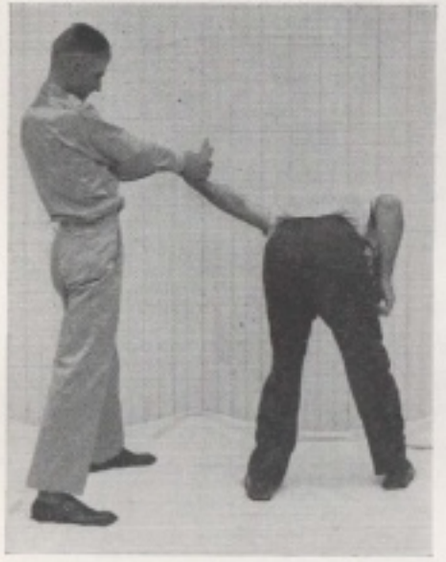


ILLUSTRATION 22

Bend adversary's wrist toward his elbow. From this position it is possible to break his wrist by a sudden drive with your thumbs.

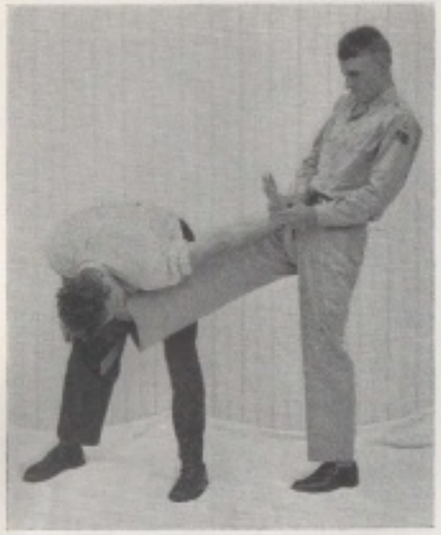


ILLUSTRATION 23

If you wish to completely disable your adversary, kick him in the face as a football player connects with the ball. His head is usually about the right height for a punt.

THE FRONT WRIST-BREAKER

(Illustrations 24, 25, 26)

Grab opponent's right hand with your left hand, thumb down, taking hold of the base of his hand over the wrist area. Pick up this hand and place your right in a parallel position on the other side of his hand. At the same time step behind as shown in the next illustration.

ILLUSTRATION 24

ILLUSTRATION 25

Drive hard with the thumbs of each hand and lift or pull on the base of opponent's thumb with your left hand. This will drive him to the ground or break his wrist.

ILLUSTRATION 26

This illustration shows another method of using a front wrist-breaker. Instead of stepping behind, the offensive man snaps his adversary's hand suddenly to the left. The twist on the wrist is the same as shown in Illustration 25.

ILLUSTRATION 27

THE LEG PICK-UP

The above illustrates an excellent way to take a man off his feet. Pick up one leg, step behind the other and jab him in the chin with the left hand. In this chin jab, the fingers should drive into the eye-sockets.

THE REAR KNEE CLIP
with neck-breaker follow-up

(Illustrations 28, 29)

ILLUSTRATION 28

This illustrates a fine method of taking a man to the ground from behind. Excellent for use when you can take a man by surprise.

ILLUSTRATION 29

A good follow-up for the rear knee-clip is the neck-breaker. Block his left arm with your left over his left shoulder. Reach around adversary's head with your right hand, just deep enough so that his chin will be in contact with the inside of your bent elbow. Your right palm should be in contact with the back of his head toward the top. This gives you the longest possible leverage on his head. Walk backward with your knees and push with your chest on his head. Pull hard to the right with your right hand. It is rather easy to break his neck with this leverage, if you so desire.

ILLUSTRATION 30

THE REAR CHOKE

Here is illustrated another excellent rear attack. A choke applied as illustrated, will make it impossible for the man to utter a sound. It is wise to use a body scissors with the rear choke to prevent the use of a "flying mare" as a counter offense.

OFFENSIVE MOVES A WOMAN MAY USE TO PROTECT HERSELF

ILLUSTRATION 31

Jab suddenly to molester's eyes. Stiffen arm and fingers, and get the weight of the body into the jab.

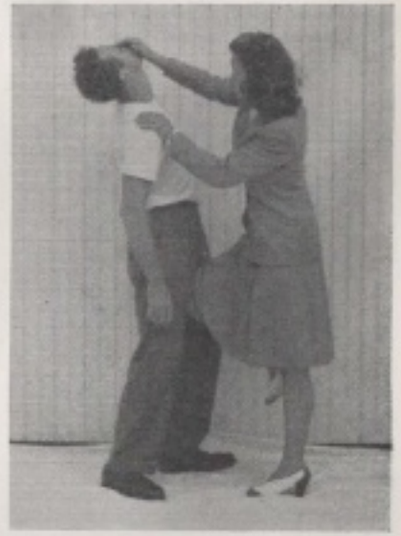


ILLUSTRATION 32

Use a chin jab to the face and follow up with the knee hard to the groin. On the chin jab contact the eyes with the finger tips.

Chapter IV
COUNTER OFFENSES

This chapter covers a few tricks that may be used when attacked by an adversary in a variety of ways. We have chosen to call the techniques illustrated here counter offenses, but we wish to call to the reader's attention that any of the offenses shown in Chapter III may also be used as counter offenses. In fact, a great many of the offenses used in rough and tumble may be used more efficiently if used as counters. The only reason for making the division between the two chapters is because the tactics illustrated in this chapter are limited in their use to counter work in special situations.

Whenever you are facing a man whom you feel may attack you, stand with your side toward him and carry your hands on your hips. You are then in a position to use your hands to ward off blows to any vulnerable part of your body. Be alert at all times!

When an adversary attempts to slug with his fist:

ILLUSTRATION 33

THE REVERSE WRIST-LOCK

(Illustrations 33, 34, 35, 36)

When opponent makes a pass at you with his right hand you may block it with your left forearm. If you have blocked it high or early in his swing, you are set to step in, as shown in the following illustration.

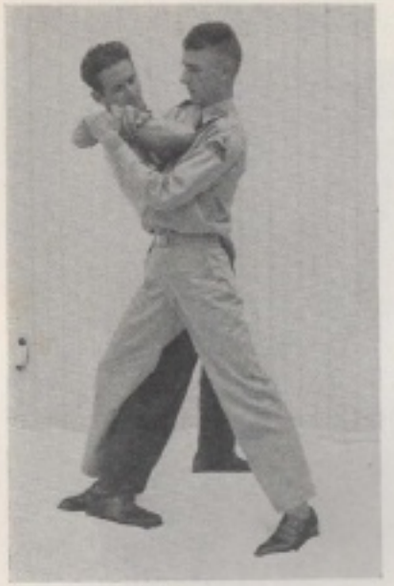


ILLUSTRATION 34

Illustration shows the use of a reverse wrist-lock leverage. From this position it is possible to dislocate adversary's shoulder. The only way he can prevent injury is by going down in a hurry.

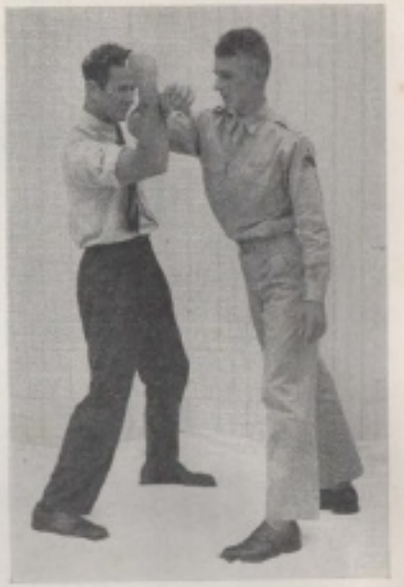


ILLUSTRATION 35

If you block an adversary's swing with your right hand as shown in Illustration 35 you should use a different type of reverse wrist-lock.

Here is shown another style of reverse wrist-lock. The type you use will be determined by the position you are in when opponent makes his attack, and the angle from which he attacks.

ILLUSTRATION 36

LEG DROP

(Illustrations 37, 38)

ILLUSTRATION 37

When facing a man who may launch a sudden attack, keep the side of your body toward him, and carry your hands on your hips. When he swings, block with your forearm as in illustration 37.

ILLUSTRATION 38

Follow up rapidly with leg drop and immediately step behind your opponent's right leg. Use a "back heel" as illustrated. After throwing him to the ground a great variety of follow-up offenses are possible; blow to groin, hard cuts to neck, etc.

WHEN OPPONENT USES A "BEAR HUG" UNDER YOUR ARMS FROM IN FRONT

ILLUSTRATION 39

This illustrates a rather common method of attack used by men with powerful arms. Several methods are good for breaking this hold. One of the best is shown in Illustration 40.

Drive hard under opponent's chin with the heel of your hand. Finger tips should have contact with adversary's eye sockets.

ILLUSTRATION 40

Another good method of breaking the front bear hug is a hard knee lift to the scrotum. You may also use the heel of your shoe and slam it hard down along the shin bone, and stomp the instep.

WHEN OPPONENT USES A "BEAR HUG" FROM IN FRONT, BUT OVER YOUR ARMS

ILLUSTRATION 41

This is also a common method of attack used by a man possessing more than average strength. This attack may be countered by any one of the following:

1. Reach between opponent's legs with either hand and pull down hard on the scrotum sac.
2. Place heel of shoe against shin, ram down hard raking shin bone, ending up with a smash on the instep.
3. Lift knee hard to the groin.

WHEN OPPONENT HAS YOU IN A "BEAR HUG" OVER YOUR ARMS FROM BEHIND

ILLUSTRATION 42

This illustrates another strong arm method of attack, which may be combatted by any one of the following:

1. Grab scrotum sac and pull down.
2. Stomp hard on high part of instep with the heel of your shoe.

WHEN OPPONENT USES A CHOKE HOLD FROM THE REAR

ILLUSTRATION 43

This is not meant to illustrate good technique in choking, but to show the usual untrained attempt at strangling.

ILLUSTRATION 44

This is an illustration of the use of the "flying mare" to defeat a man using a rear choke. The hands hold on to opponent's clothing to keep from slipping. Bend down and use your body to boost him over. Slam him down hard against the ground.

WHEN YOU ARE CHOKED FROM THE FRONT

(Illustrations 45, 46, 47, 48)

ILLUSTRATION 45

This does not illustrate the most efficient way to choke a man, but never the less the man untrained in fighting techniques will usually attempt to choke another in this manner.

Illustration 46 shows a very good method of breaking an ordinary front choke. Merely shoot your hands straight up through between assailant's wrists. This movement will tear his hands off of your neck. From here it is possible to go behind opponent by dropping your right arm over his left arm, and pulling hard under his left arm-pit with your left hand. In wrestling parlance this manuever is called "the arm drag."

ILLUSTRATION 46

WHEN YOU ARE CHOKED FROM THE FRONT (cont.)

ILLUSTRATION 47

The above illustration shows the arm drag in the process of being completed. The man who has broken the choke hold is on his way behind his opponent. After getting behind, there are many ways to finish off an opponent. You may do any of the following:

1. You can use the rear knee clip, as shown in Illustration 28.
2. You may drive a deep crotch hold with your right hand, pick opponent up and throw him on his head.
3. You may use rear choke and scissors as shown in Illustration 30.

ILLUSTRATION 48

This illustrates another counter offense which may be used against an opponent using a front choke. With your left hand reach over your opponent's right arm and place a rear wrist-breaker on his left wrist. The rear wrist-breaker used here is the same as shown in Illustrations 21 and 22.

WHEN OPPONENT TACKLES LEGS FROM THE FRONT

As your opponent attacks low, pull down on the top of his head and lift your knee in his face. The combination of the downward and upward movement will knock your opponent cold.

ILLUSTRATION 49

The double wrist-lock as shown in Illustrations 1, 2, and 3 is one of the best methods of countering a low tackle aimed at the legs.

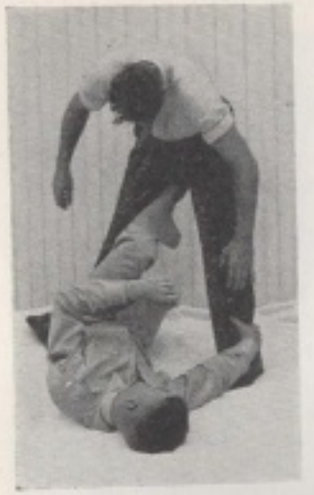
WHEN YOU ARE DOWN

(Illustrations 50, 51, 52, 53)

ILLUSTRATION 50

Before opponent has time to follow you, or to use some attack to finish you off, the above illustrated trick may kick him over and bring you out of a bad spot. Hold opponent's foot and kick hard with your left foot, directly on the knee.

WHEN YOU ARE DOWN (cont.)



Here is another method of recovering from a bad position. Grab opponent's right ankle with your right hand, shoot your right leg in behind his right foot and kick him hard in the groin. This will drive him over backwards and may knock him out of the fight; especially if the kick to the groin is accurately delivered. Follow on top immediately after spilling your opponent.

ILLUSTRATION 51

ILLUSTRATION 52

When you are underneath always be alert for a chance to swing your elbow hard against your opponent's head or jaw, as shown in Illustration 52.

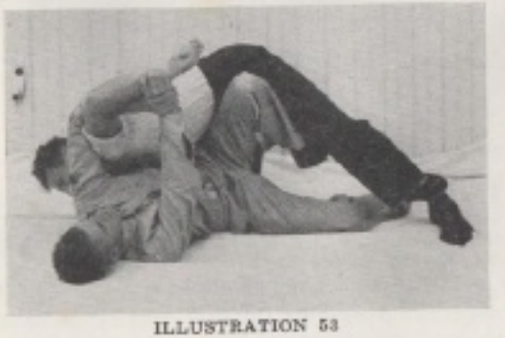


ILLUSTRATION 53

Always remember that the double wrist-lock is one of the best methods of getting out of trouble. Spend plenty of time practicing its use from various positions. Illustration 53 shows the under man coming out of trouble, with the double wrist-lock.

Chapter V

DISARMING TECHNIQUE

Disarming tactics are exceedingly fascinating to all students. Most people are surprised at the ease with which they can disarm an opponent when proper technique and skill have been developed. It should be remembered, however, that it is always dangerous for an unarmed man to resist one who is armed. It is wise not to resist unless the stakes are high. If you have a few dollars in your pocket, be smart and let him take the money. Attempt these disarming tactics only when your life, the lives of friends, or considerable property is at stake.

FRONT PISTOL-DISARM

(Illustrations 54, 55, 56)

ILLUSTRATION 54

When you are held up at the point of a gun, put your hands up immediately, **but not too high.** Act a little muscle bound in the shoulders. The higher you reach, the slower your initial movement. It is also a good idea to disarm your opponent mentally by acting scared to death, although for the most part, it doesn't require too much dramatic ability under such circumstances. The impression of fear on your part will give your assailant self-confidence and mentally prepare him for what is coming.

In practice sessions, dress for body protection from powder burns, and practice with blank cartridges. Your confidence in this trick is assured once you find how easy it is to take the gun away from your opponent even though he is expecting it, without your getting hit.

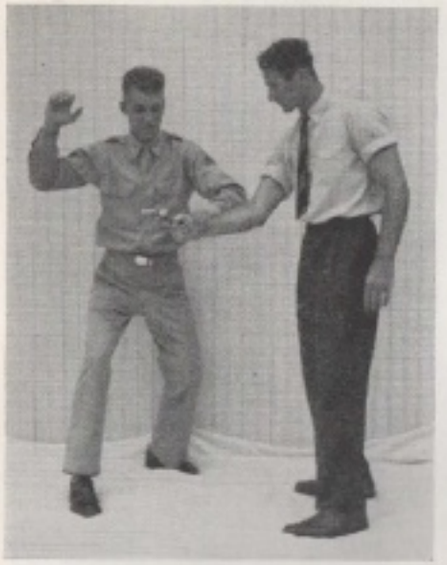


ILLUSTRATION 55

As soon as the hold-up man reaches for your pocket and lowers his eyes to locate it, drop your left hand on his right wrist, thumb on the underneath side. At the same time push his gun arm to your right and pivot your body to your left by turning on the left foot. As soon as you are outside of the gun your right hand should be slapping down toward the top of the gun.

ILLUSTRATION 56

Drive down hard on the top of the gun. Twist the gun downward and force the butt of the gun through his thumb. It makes no difference how strong he may be, it will be impossible for him to hold the gun if this maneuver is executed rapidly and with precision. With a little practice you can take a gun away from an assailant before he can pull the trigger.

THE REAR PISTOL-DISARM
(Gun Low)
(Illustrations 57, 58, 59)

When held up by gunman with pistol at your back, it is also relatively easy to take his weapon if you are sure of the location of the gun. In the above picture the gun is in hold-up man's right hand and is below the middle of the back.

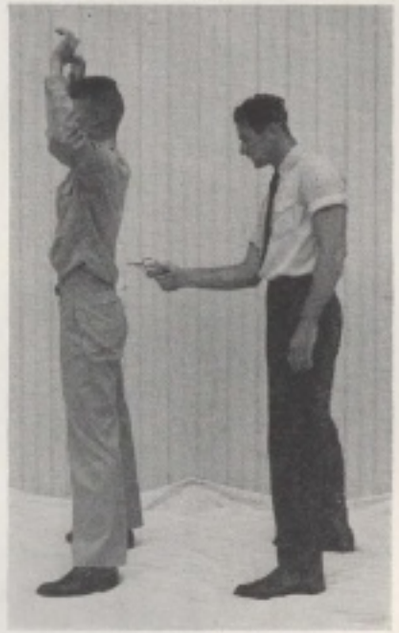


ILLUSTRATION 57

ILLUSTRATION 58

Disarm your adversary mentally first by simulating fear. Suddenly pivot toward your right and strike his gun wrist with your right forearm. Strike the wrist as you pivot, but **do not hit it too hard.** The left hand comes around fast and grasps the gunman's wrist. The thumb of the left hand should be on the underneath side.

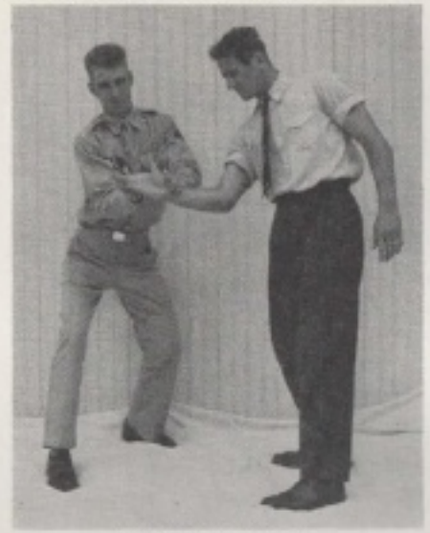


ILLUSTRATION 59

The gun is taken away in the same manner as shown in Illustration 56.

REAR PISTOL-DISARM
(Gun High)
(Illustrations 60, 61, 62, 63, 64)

ILLUSTRATION 60

The gunman in this case is holding his gun high in the back. This calls for an entirely different defense technique.

ILLUSTRATION 61

Turn suddenly to the right, twisting the body at the hips. This gets the gun off of your back and brings it parallel to the surface of your back early in the maneuver. From this position a right hook is shot between gunman's forearm and shoulder. This hook should be fast and hard.

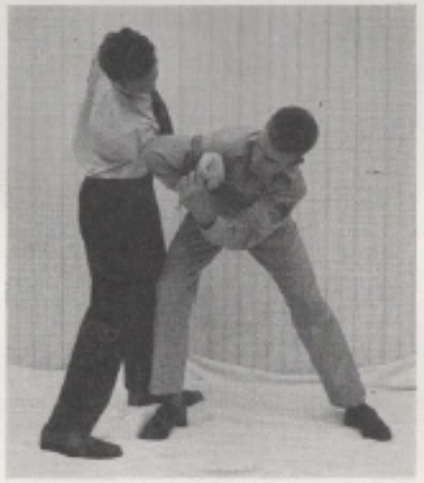


ILLUSTRATION 62

If the gun has not already been knocked from gunman's hand, twist it free with your left hand.

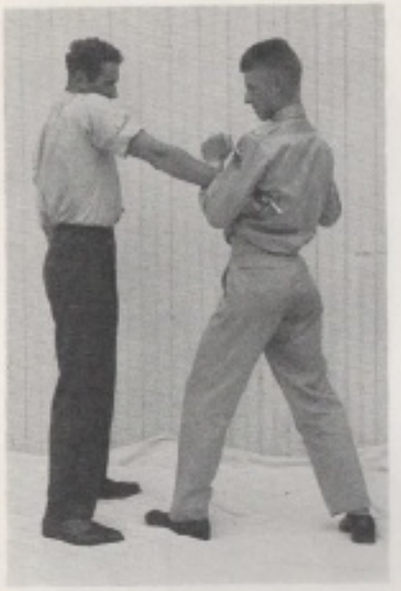


ILLUSTRATION 63

ILLUSTRATION 64

The above illustrations show another style of pistol-disarm used against an assailant holding a pistol against your back. Turn fast to the inside, or left, and catch his gun arm under your left arm pit. Lift up on his lower forearm as shown in Illustration 63.

Drive a chin jab to opponent's face and lift the right knee to his groin, as shown in Illustration 64.

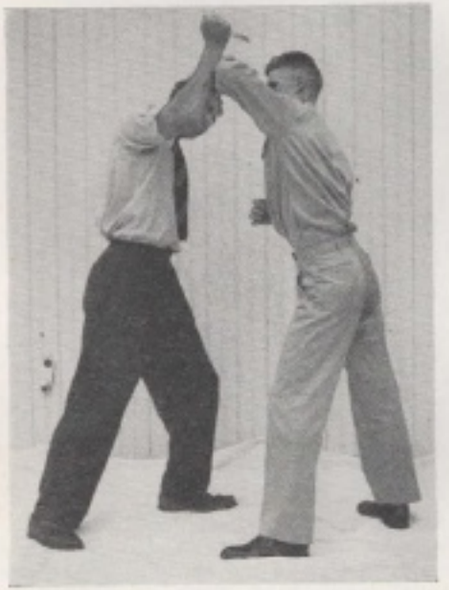


ILLUSTRATION 65

KNIFE-DISARM

(Over-Arm Stab)

(Illustrations 65, 66, 67, 68)

Reverse wrist-lock technique used when you block with left forearm.

ILLUSTRATION 66

Completion of reverse wrist-lock.

ILLUSTRATION 67

Reverse wrist-lock technique used when you block the blow with your right hand.

ILLUSTRATION 68

Completion of reverse wrist-lock. These wrist-locks are more completely described in Chapter III, and since the techniques are the same whether or not a weapon is being used, little description is necessary here.

ILLUSTRATION 69

Block opponent's thrust with left forearm.

ILLUSTRATION 70

Grab a front wrist-breaker and twist hard to the left. The same leverage principles are used as illustrated for the front wrist-breaker in Chapter III.

KNIFE-DISARM FOR USE WHEN ADVERSARY ATTACKS WITH A LOW UPWARD JAB (cont.)

ILLUSTRATION 71

Catch your opponent's wrist with your left hand and place right hand under upper arm near his arm pit. With your hands in these positions, spin under his arm and **keep a tight hold on his wrist.** This twists his arm and you come through to a position as illustrated below.

ILLUSTRATION 72

Showing position after the spin under the arm has been executed.

Throw your left knee on opponent's shoulder. Lift his wrist and twist until he drops knife.

ILLUSTRATION 73

WHEN OPPONENT USES A FENCING LUNGE

ILLUSTRATION 74

This illustrates a method of parrying a lunge. It is possible to use various Judo techniques from this position, such as:

The front wrist-breaker, as shown in Illustration 70.

The reverse arm-lock may be used as shown in Illustration 5.

A knife-like blow to the jaw or neck with your right hand.

You may also grab his wrist with both hands and throw all the weight of your body against your opponent's right elbow and drive him to the ground. Be sure to keep his arm straight, with his right upper arm under your arm pit.

Chapter VI

PRISONER CONTROL METHODS

This chapter describes methods of controlling a man after subduing him. These skills are valuable in taking a man to headquarters, out of a building, car, or anywhere else you may wish to force another to accompany you.

THE COME-ALONG

(Illustrations 75, 76, 77, 78)

ILLUSTRATION 75

This is the start of the finest "come-along" hold of them all. The preliminary maneuver used to set it up, is the rear wrist-breaker.

ILLUSTRATION 76

The rear wrist-breaker, just preceding shift to "come-along."

ILLUSTRATION 77

Here the offensive man has started to shift to the "come-along." He has shifted the thumb of his right hand so that he has enclosed opponent's fingers within his grasp. The left hand has shifted to opponent's elbow, thumb up. The left arm strikes opponent's elbow causing it to bend. His bent and twisted wrist is then rotated past his left hip to a position as illustrated below.

ILLUSTRATION 78

The finish of the "come-along." With this hold you have one arm free to protect yourself or for use in working your way through a crowd. Keep your opponent in constant pain, and if he gets unruly you can break his wrist with a small amount of pressure.

THE "PEARL HARBOR" HAND SHAKE

ILLUSTRATION 79

ILLUSTRATION 80

Take hold of adversary's fingers with the right hand.

Step across in front of opponent with your left leg. Reach over his left elbow with your left arm and connect on the middle of your right forearm. Shift your right hand down to opponent's finger tips, and bend hard against the joints of his wrist and fingers. Hold opponent's wrist shoulder high and apply enough pressure to keep him on his tip toes.

ILLUSTRATION 81

If your hold with the left arm happens to be well above opponent's elbow, catch your right coat lapel with your left hand and apply pressure on the elbow joint as well as the wrist and fingers. With this style of "Pearl Harbor," keep opponent's wrist about level with your waist.

ILLUSTRATION 82

THE LIP LEADER

This illustrates a handy method of removing an individual from a parked car, from a room, or for any short moves. The hold is applied with your first and second fingers, and on the upper lip of opponent.

THE CHEEK WALKER

Block your adversary's right arm with your right, from over the top. Reach around to the left side of his head and slide the second finger of your left hand between his lips, just inside of the cheek. Pull hard and twist his head over on his left shoulder. With this hold you can take a man anywhere you so desire.

ILLUSTRATION 83

Chapter VII
FIGHTING TIPS

1. Respect all opponents. A lucky move on the part of **any** adversary may defeat you.

2. Be cautious. Let your opponent open the encounter if he will.

3. Counter his first offense with explosive suddenness.

4. Do not hold back. If you begin an offense, go all out to complete it.

5. Attempt to injure an opponent; not merely to subdue him. (This principle does not apply to police work, i. e., prisoner control methods, come-alongs, etc.)

6. Be alert at all times to the danger of a blow to your groin, neck, eyes or solar plexus.

7. Keep in mind that a blow to opponent's weak spots (mentioned in 6) will probably end the fight in your favor.

8. When facing an opponent who may make a sudden attack, always keep the side of your body toward him and carry your hands on your hips.

9. After a successful offense, do not be fooled by apparent surrender. Make sure your adversary is incapable of further fighting.

10. If any maneuver you start is blocked, countered, or for any reason fails, break furiously and explosively to another. Do not wait to see what your opponent does.

11. Be crafty. When too late to block, go with opponent's pressure.

12. Be courageous. You are not defeated as long as continued bodily movement is possible.